

"EAT & BE WELL" COMMITMENT FORM

"Commitment is where the road to success begins"

I, _____, make the following commitment to myself in order to achieve *My Health & Weight Loss* goal.

I will:

- ☑☑ Follow the eating plan prescribed for me.
- ☑☑ Spend at least 4 hours a week in some type of aerobic activity and strength training. (Gym, walking, aerobics, etc.)
- ☑☑ Take my supplements faithfully with the understanding that they will help me obtain the most from my program.
- ☑☑ Attend all support/accountability sessions, understanding that the support of others is very important.
- ☑☑ Understand that 6 months is necessary to change habits and achieve success.

Signed

Date

Witnessed by

Date

The time-tested reasons for a six-month commitment:

- a. When coupled with your sincere effort, it honestly takes up to 6 months to experience the many improvements a weight loss and wellness program can deliver.
- b. We want to have a fair chance to help you achieve your personal goals. (It has been discovered that a significant number of individuals fail because they simply have given up their weight loss program. The two biggest reasons people give up their programs are impatience and unrealistic expectations regarding the time, effort and results of a safe and lasting weight loss process. These unrealistic expectations cause dieters to prematurely quit legitimate programs that would have delivered honest results had they not given up. Research shows conclusively that changing eating habits and losing and keeping weight off is truly one of the most difficult things to achieve. Unrealistic expectations make this process far more difficult.)